

# HEALTH *BEAT*

A quarterly publication of the Missouri Department of Health and Senior Services ■ Section of Chronic Disease Prevention and Health Promotion ■ Unit of Chronic Disease Control

Volume 2, Issue 3

## Organ Donor Program joins Chronic Disease Control Unit



*State law created the Organ Donor Registry in 1996 to promote organ and tissue donation statewide.*

A recent reorganization within the Department of Health and Senior Services granted the Unit of Chronic Disease Control with the exciting addition of the Missouri Organ Donor Program.

The Organ Donor Program was created by state legislation effective January 1, 1996 (RSMo 194.297 to 194.304). The program is implemented through the Missouri Department of Health and Senior Services and is funded solely by voluntary contributions to the Organ Donor Program Fund. Donations of \$1 are received by the driver's license offices throughout the state at the time an individual makes application for a license or identification card. Additionally, voluntary contributions, in any amount, can be made directly to the Organ Donor Fund through the Missouri Department of Health and Senior Services.

A ten-member advisory committee, appointed by the Governor, assists the Missouri Department of Health and Senior Services with the implementation of the Organ Donor Program. The Organ Donation Advisory Committee recommends priorities of expenditures from the Organ Donor Fund to meet the program mandates.

## Advisory Committee Members

### Representing Procurement Agencies in Missouri

Lonnie Boyd, Committee Chair  
Ronald Walkenbach, Committee Vice-Chair and Cornea Recipient  
Lori Schutte  
Jan Finn

### Representing Donor or Recipient Families

Diedra Thompson, Donor Mother (*Resigned 10/03*)  
Lori Scott, Donor Mother  
Lucy Reinhart, Donor Mother  
Lisa Atkins (pending Senate confirmation)  
Lisa Britt (pending Senate confirmation)

### Representing Hospitals in Missouri

Dr. Michael Perry, Kidney Recipient

### Departmental Liaison to the Committee

Lori Darr, Program Manager

### Ad Hoc Members

Elisabeth Sanders, Department of Revenue  
Ray Gabel, Heart Recipient

## Statutory Mandates

- Maintain a statewide, confidential registry of potential donors.
- Develop and implement statewide donation awareness programs for education of the general public.
- Implement donation awareness programs within the secondary schools.

See the new Missouri Organ Donor Program page in this issue.

January 2004



## Cardiac Arrest—New Strategies for Survival

Results of the first large scale Public Access Defibrillation (PAD) trial were released November 11, 2003. The results of the PAD trial suggested that the survival rates for cardiac arrests which occur outside of the hospital could double when first responders and laypersons trained in cardiopulmonary resuscitation (CPR) are provided with additional training and access to Automatic External Defibrillators (AED).

The Missouri Department of Health and Senior Services' Office of Rural Health, in collaboration with the Bureau of Emergency Medical Services and the Missouri Heart Disease and Stroke Program (MHDSP), obtained a large number of AEDs through two grants from the Federal Office of Rural Health (ORH). The AEDs that were acquired are to be distributed to qualifying first responder agencies in eligible rural counties and suburban zip codes in Missouri.

AEDs will be awarded based on priorities outlined by the Federal ORH. The priorities include the eligible zip codes, need—eligible agencies that don't currently have AEDs, and areas in Missouri with high pre-hospital death rates for cardiac arrest.

The grant from the Federal Office of Rural Health also permitted funds to be allocated toward AED/CPR training. In collaboration with the MHDSP, the Missouri Office of Rural Health has made arrangements with the University of Missouri - Center for Education and Development to train first responders in each agency receiving an AED. The training will include new or refresher courses in CPR and the proper use of an AED, and instruction on the state statutes regarding AEDs.

**Approximately  
390 AEDs will be  
awarded to first  
responder  
agencies in  
Missouri.**

**According to the American  
Stroke Association, someone  
suffers a stroke every 53  
seconds with one person dying  
every 3.3 minutes.**

## Stroke is no accident

Stroke is no accident -- it can be prevented! You are at greater risk of having a stroke if you are 55 or older, have a family history of stroke, have high blood pressure and/or high cholesterol, smoke, are physically inactive, or have diabetes.

**Heart Disease and Stroke Program Staff**  
Judy Alexiou, Manager  
Linda Powell, Assistant Manager  
Angela Herman, Health Educator  
Michael Dietz, Program Evaluator  
Dwight Jones, Health Planner  
Karen Connell, Health Program Representative III  
Wanda Hogrefe, Program Support

Stroke can be treated if recognized in time with prompt and appropriate medical intervention. Unfortunately, recent surveys suggest that most people do not recognize the signs and symptoms of stroke that would allow them to seek timely medical attention. For more information on stroke, visit [www.dhss.state.mo.us/cardiovascular](http://www.dhss.state.mo.us/cardiovascular).

[www.dhss.state.mo.us/cardiovascular](http://www.dhss.state.mo.us/cardiovascular)

January 2004

## Diabetes Prevention... Step by Step



To help educate overweight Hispanic and Latino Americans about their risk

for developing type 2 diabetes and the steps they can take to prevent it, the National Diabetes Education Program (NDEP) has launched the "*Prevenamos la diabetes tipo 2 Paso a Paso (Let's prevent type 2 diabetes Step by Step)*" campaign.

Campaign materials available:

- Print (Spanish) and radio (Spanish and English) public service announcements
- "Paso a Paso" fact sheet
- The new "Movimiento" CD, featuring original music and lyrics to get Hispanic and Latino Americans more active and moving to help prevent diabetes.
- The NDEP's bilingual recipe and meal planner.
- Spanish version of the GAME PLAN's Food and Activity Tracker.

All of these materials are now available on the NDEP website at [www.ndep.nih.gov/campaigns/PasoaPaso/Paso\\_a\\_Paso.htm](http://www.ndep.nih.gov/campaigns/PasoaPaso/Paso_a_Paso.htm).

### Diabetes Prevention and Control Program Staff

Jo Anderson, Manager  
Diane Rackers, Assistant Manager  
Maurita Swartwood, Program Support

[www.dhss.state.mo.us/diabetes](http://www.dhss.state.mo.us/diabetes)

## New *Take Charge* guide available

The Centers for Disease Control and Prevention's *Take Charge of Your Diabetes* guide has been revised and is now available at <http://www.cdc.gov/diabetes/pubs/tcyd/index.htm>. *Take Charge of Your Diabetes* is easy to read (6th to 7th grade literacy level) and communicates basic information and positive steps for glucose control and prevention of diabetes complications. The guide also is available in Spanish, and Braille and recorded versions are available through the National Library Service for the Blind and Handicapped in the Library of Congress ([www.loc.gov/nsi/](http://www.loc.gov/nsi/)). For more information or to order a copy of this and other CDC diabetes publications, call 1-877-CDC-DIAB (232-3422).

## State Program Update



The Missouri Diabetes Prevention and Control Program (MDPCP) will be piloting its online training course for the *Diabetes Management in the School Setting* school manual in January. The course will run for three weeks with participants having one week to review presentations and complete questions for each of the three lessons. Additional online courses will be offered in 2004. If interested in participating, please contact Diane Rackers at (573) 522-2873 or [racked@dhss.mo.gov](mailto:racked@dhss.mo.gov).

The MDPCP recently uploaded the "Diabetes Management in the School Setting" school manual to the department website. It can be viewed at <http://www.dhss.state.mo.us/diabetes/manual/manual.htm>. On the website, the forms and handouts contained in the manual are available as individual documents that can be downloaded and printed. Recent updates to the school manual are also available

January 2004

## Arthritis costs Missouri \$2.7 billion annually

For the first time, state-specific cost estimates are available for arthritis and other rheumatic conditions. The cost estimates are based on individual-level data (from 1997) and use statistical methods that increase accuracy.

### Missouri & Neighboring States (Billions)

<b>Missouri.....</b>	<b>\$2.7</b>
Illinois .....	\$5.0
Arkansas .....	\$1.3
Kansas .....	\$1.1
Iowa .....	\$1.1
Nebraska .....	< \$1.0
Tennessee.....	\$2.7
Oklahoma .....	\$1.7

*Source: Centers for Disease Control  
and Prevention*

Arthritis costs Missouri \$1.2 billion in direct medical expenses and \$1.5 billion in indirect costs, including lost earnings. The newly released cost estimates have given us a perspective on just how important it is to continue to address the needs of our aging population. Increased widespread public health efforts to increase physical activity, maintain healthy weight, and expand the use of self-management education among persons with arthritis and other rheumatic conditions may help to reduce these costs and improve quality of life.

The Missouri Arthritis & Osteoporosis Program has a network of seven Regional Arthritis Centers that provides many opportunities for individuals with arthritis including self-management programs, specific physical activity programs, assistive devices, etc. To locate a center nearest you, visit [www.martrc.org/~arthritis/ractp.html](http://www.martrc.org/~arthritis/ractp.html).

## Money Awarded to Southeast Missouri RAC



### FYI

The Missouri Senior Rx Program helps seniors on fixed incomes pay for their prescription drugs. Enrollment begins January 1, 2004.

For more information call  
1-866-556-9316 or go online at  
[www.dhss.state.mo.gov/  
MoSeniorRx](http://www.dhss.state.mo.gov/MoSeniorRx).

The Regional Arthritis Center in Southeast Missouri was awarded \$4,000 for an aquatics scholarship program for seniors in the Cape Girardeau County area. The grant funds are available as a portion of the Cape Girardeau County Senior Services tax fund. A portion of the awarded money will be used for additional aquatics classes to be held in three new pools constructed on the St. Francis Hospital campus.

In 2003, 36 aquatics classes were offered in the southeast region but a significant increase is anticipated in 2004 because of the additional funding and new facilities. This opportunity will assist in better serving the needs of persons with arthritis in the southeast region. Contact Marilyn Duncan at 888-216-3293 for more information.

**Arthritis and Osteoporosis Program Staff**  
Beth Richards, Manager  
Virginia Beatty, Assistant Manager  
Raquel Webster, Program Support

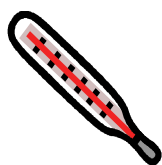
[www.dhss.state.mo.us/maop](http://www.dhss.state.mo.us/maop)

January 2004

## CDC stresses importance of flu shots for persons with asthma

*It's particularly important that high-risk patients with severe asthma receive a flu shot.*

Reuters news organization recently reported that only about a third of American adults annually get an influenza vaccination, an inadequate number according to the Centers for Disease Control and Prevention. Previous studies also show that a small number of children with asthma – only 25 percent – receive flu shots each year.



It is commonly understood by health care providers that people with asthma can greatly decrease their asthma complications during the fall and winter months if they get flu shots. The shots generally help protect people of all ages with asthma from respiratory complications that can lead to asthma attacks or exacerbate asthma symptoms.

It is also often recommended that family members who live in the same household as a person with asthma receive flu shots, to minimize household exposure to the flu and potential infection of the asthmatic. It is recommended to get flu shots in October each year before local flu activity begins, but it is still very helpful to get the shot later in the season. Make sure your home is as safe as possible this season and speak with your doctor about an influenza vaccination. For more information about the flu, asthma or vaccinations, contact the CDC's National Immunization Hotline at 1-800-232-2522 or call AAFA at 1-800-7-ASTHMA.

*Source: Asthma and Allergy Foundation of America and Centers for Disease Prevention and Control*

## Controlling Asthma During the Winter Season

Although some asthma attacks can be triggered by allergic reactions, they can result from other factors, as well. If you plan to travel to another climate remember that cold air, especially cold, dry air, is not good for people with asthma.

A warm scarf wrapped around your mouth will allow your breath to naturally humidify the air before it reaches your lungs. On the other end of the spectrum, warm, humid air can mean more dust mites, pollen and mold – all major asthma triggers.

*Source: Asthma and Allergy Foundation of America*



**Asthma Prevention and Control Program Staff**  
Peggy Gaddy, Interim Program Manager

[www.dhss.state.mo.us/asthma](http://www.dhss.state.mo.us/asthma)

January 2004



**Organ Donor Program**  
**Missouri Department of Health &  
 Senior Services**  
 Chronic Disease Control

## Missouri needs registry for organ donations

The need for organ donors is critical. Currently, more than 3,200 Missourians are waiting for a life-saving transplant. The number grows to 81,000 nationally. Approximately 15 people die every day in this nation while waiting for a donated organ.

**Analysis of registry demographics shows 43 percent of Missouri adults (ages 18 to 64 are on the Organ Donor Registry).**

Federal regulations designed to increase donation were implemented in 1998 and require that all families of potential donors be asked about organ and tissue donation. Unfortunately for families who never had a discussion about the deceased person's wishes, the decision on organ and tissue donation can be very uncertain and difficult to make.

The key to meeting the critical need for donors is to encourage more people to be donors and express their decision. The most valuable expression is a family conversation. However, the Missouri Organ Donor Registry is a vital link for families, especially those who are faced with the question of donation and have no prior knowledge of their loved one's wishes. The Missouri Organ Donor Registry is a confidential, computerized list of potential organ and tissue donors. Registry information is shared with the family, who is asked to consent for donation on the behalf of a deceased individual. For more information call the Missouri Organ Donor Program at 888-497-4564 or go to [www.dhss.state.mo.us/OrganDonor](http://www.dhss.state.mo.us/OrganDonor).

## Governor recognizes registry team

The development and implementation team for the Web-based Organ Donor Registry was selected for the prestigious Governor's Award for Quality and Productivity for 2003. The team was one of nine selected from 81 nominations from various state agencies and offices. A statewide recognition ceremony was held in honor of the award-winning teams. Through the cooperative efforts of this team, the Department of Health and Senior Services was able to address a critical customer service expectation and to meet an essential program priority, namely the development of an efficient and effective registry of potential organ donors.



*OIS team members: Faye Zumwalt, Mare Dickneite, Paula Peters, Tom Snodgrass, Phil Reed, Cyndi Rackers, Mark Bailey, Mark Mantle, Tom Sholes, Betty Schobey, Shannon Bryant, Mike Schweiss, Charlie Verhoff, Janice Brand, Jeff Elliott, Cheryl Tyner, Richard Wyble, John Claas, Devon Christensen, Jim Findlay and Tom Meeks. Organ Donor Program team members include: Lori Darr, Marianne Ronan, and Elena Giesing*

All structure and process measures indicate that the system is functioning as desired and the procurement agencies remain highly satisfied with the performance of the new system. As an outcome measure, Mid-America Transplant Services (MTS) is performing comprehensive analysis on the impact of registry information on the donation consent process. MTS documented 33 Missouri donors over a 6-month period where the family was not inclined to consent to donation because they had no prior knowledge of the deceased's wishes on donation. Having evidence of registry participation, they consented to donation. Thus, the donations from those 33 donors are a

### Organ Donor Program Staff

Lori Darr, Manager  
 Tammy Carrier, Registry Coordinator

[www.dhss.state.mo.us/OrganDonor](http://www.dhss.state.mo.us/OrganDonor)

direct result of the Organ Donor Registry and have the potential to help as many as 130 people awaiting life-saving organ transplants and several hundred more through tissue and corneal transplants.

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# HEALTH *BEAT*

## Feedback Form

The Unit of Chronic Disease Control values your input! Please take a moment to let us know if you have any suggestions for future issues of *Health Beat*.

Our goal is to inform as many individuals and organizations as possible. If you know of anyone who would be interested in receiving this newsletter, please forward this form to them.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

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Would you like to receive the newsletter via:

\_\_\_\_\_  EMAIL or \_\_\_\_\_  REGULAR MAIL

Comments or suggestions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Please return this form to:**

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1-800-316-0935

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